



## **A MESSAGE FROM BISHOP MYRON J. COTTA**

**TO: THE FAITHFUL OF THE DIOCESE OF STOCKTON**

**FROM: BISHOP MYRON J. COTTA**

**DATE: 8/4/2021**

**RE: Charity & concern for one another is - Christ's way, the Catholic way - the only way!**

Brothers and Sisters,

As your bishop, I continue to ask for your cooperation as we maneuver through this latest development of the pandemic. In the past week I have asked the faithful throughout our diocese to adjust yet again. I understand that these adjustments are at times confusing and frustrating for some but as your Bishop, I feel they are necessary. I promise you I do not take these decisions lightly and in addition to consulting with local experts, I and my team read all of the feedback from you, the faithful, so that I can make an informed decision for our parishes and schools.

It is my sincere hope that you follow the present **recommendations** for the sake of the common good in order to help protect yourself, your families & others. Within the six counties of our Diocese of Stockton, made up of an approximate population of 300,000 Catholics, I, as Bishop, have the responsibility to oversee the spiritual life, including the concern for your well-being, as members of our Diocesan Church.

Here are some points I'd like to remind you of that I feel we as a community are not discussing as much anymore:

- Take care of your body as a whole. Exercise, eat well and remember to get rest.
- Check in with one another, mental health has been a challenge through this pandemic and community is important.
- Washing/Sanitizing of hands and avoiding touching your mouth, nose and eyes helps keep you safe from **any** illness or virus.
- If you are not feeling well for **any** reason, stay home so that you do not get others sick.

Masks, help. Vaccines, help.

Let us selflessly work together, *As One*, for love of God & neighbor. **Charity & concern for one another is - Christ's way, the Catholic way - the only way!**

In the Peace of Christ,

Bishop Myron J. Cotta



OFFICE OF BISHOP MYRON J. COTTA, D.D.

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